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ABSTRACT

Written for people with mental disabilities, this booklet focuses on ways that individuals with disabilities can protect themselves from sexual abuse and understand their individual rights pertaining to sexuality. An introduction explains discrimination and gives examples of sexual abuse. The first chapter briefly discusses sexuality and sexual abuse and illustrates male and female bodies. It provides evidence that people who do not tell someone about abuse are most likely to continue to be abused. The second chapter examines the special risk of abuse experienced by people with mental handicaps. The third chapter lists ways to notice possible sexual abuse and explains a board game (included in the booklet) to increase understanding of sexual abuse and choice. Chapter 4 looks at effects of sexual abuse. Prevention through education is briefly addressed in chapter 5 and sexually transmitted diseases are summarized in chapter 6. Chapters 7 and 8 discuss treatment after sexual abuse and Canadian laws about sexual abuse. Difficult words used in the booklet are identified and explained in a dictionary section. A form for emergency phone numbers, a word game based on the dictionary, and a bibliography of 11 items conclude the booklet. (DB)

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The Right To Control What Happens To Your Body

A Straightforward Guide to
Issues of Sexuality and Sexual Abuse

With a Foreword by Judy Steed

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THE ROEHER INSTITUTE

What are rights?

Rights are the rules that help make people equal. You are entitled to the same rights under the law as everyone else because you are a person and a citizen.

Some rights are yours when you are born. These are often called "human rights" because every human being has them. Some rights are yours when you become old enough. Some rights are yours because you live in Canada. There are laws to help make sure no one takes away your rights. Rights which are backed up by laws are known as "legal rights". It is important to know what your rights are so that when people try to take them away, you can stop them.

CHARTER OF RIGHTS
- The Right to be Alive
- The Right to Freedom
- The Right to Control what Happens to your Body
- The Right to Equal Protection and Equal Benefit of the Law
- The Right of Choice
- The Right to Informed Consent (to know all your choices)
- The Right to Have Things Explained to You
- The Right to Be Heard
- The Right to See a Lawyer or other Advisor
- The Right to Have Enough Money to Buy Food, Decent Clothes and Have a Place to Live
- The Right to Proper Medical Care
- The Right to Charge Someone if they hurt you or take something of yours
- The Right to be Educated
- The Right to Apply for a Job and be taken seriously
- The Right to Safe Working and Living Conditions

The Right to Control What Happens to Your Body

A Straightforward Guide to
Issues of Sexuality and Sexual Abuse

With a Foreword by Judy Steed

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Books in the *RIGHTS JUSTICE POWER* series:

The Right to Have Enough Money: A Straightforward Guide to the Disability Income System in Canada
This book looks at some of the reasons why people with a mental handicap are poor and changes that can be made so people who are disabled can live better lives.

The Right to Read and Write: A Straightforward Guide to Literacy and People with a Mental Handicap
This guide is about why many people with a mental handicap can't read and write and how literacy programs can help them to learn.

The Right to Fair and Equal Treatment: A Straightforward Guide to Human Rights and the Canadian Human Rights Act
This book explains people's rights, including people who have been labelled, and what laws there are to change wrong and unfair treatment of people with mental handicaps.

To find out how to order any of these books, contact: The Roeher Institute Information Services; Kinsmen Building, York University, 4700 Keele Street, North York, Ontario, M3J 1P3. Telephone (416) 661-9611.

From the Director

Research is the careful and thorough collection of information about a subject and figuring out what that information means. The information we find in doing research, and what we learn from it, can be used to influence the ways things happen to make positive changes.

Sometimes we hear about situations but we are not sure whether they are true or how important they are. So we do research to find out. That's what happened with sexual abuse. Many people were saying that there was widespread sexual abuse in Canada and that some people were more likely to be sexually abused than others. But no one was finding out about sexual abuse and people with a mental handicap. So we did some research. And we found out some very frightening facts. People with a mental handicap are more vulnerable* for reasons that are unfair. Other people take advantage of them. The laws do not protect them as well as they protect others. And only a few organizations who help people who have been sexually abused help people with a mental handicap.

It's important that people know these facts so that people with a mental handicap can protect themselves and so that police and lawyers and doctors and judges and community workers and others respond in the right way.

That's why we have written this book. It is to make sure everyone knows what we found in our research. If you need to know more or find out something specific, we suggest you look at the research. Two books you can look at for more information about *The Right to Control What Happens to Your Body* are called *Vulnerable* and *Sexual Abuse Prevention Programs and Mental Handicap.*

There are many people to thank for this book. The Literacy Secretariat of the Secretary of State gave us the money to do this series of books. Barb Goode is the project's assistant coordinator. The team of advisors who are self-advocates provided many of the ideas that went into this book. Thanks to everyone. Let us know if it is a useful book.

Marcia H. Rioux
Director

Words with a * after them are explained in the Dictionary on pages 25 and 26.

Preface

The Right to Control What Happens to Your Body is the fourth book in our ***RIGHTS, JUSTICE, POWER*** series for self-advocates, and others, to help us have a better life through knowing more.

Some of us are being abused but we sometimes don't know it. Helping write this book made us realize how much we have to learn about sexuality and sexual abuse. We need to know there's a problem. It's very important for us to understand what can be done to stop abuse from happening.

I hope this book can help everyone understand that people with a mental handicap have the same sexual feelings and sexual needs as other people. Even if we don't talk about our feelings much, we are very, very hurt if we are sexually abused.

Barb Goode
Assistant Project Co-ordinator

The following people were advisors to the *Rights, Justice and Power* series

Beth Foulkes
Marcia Marcaccio
Barry Smith
Mary Rusk
Patty O'Donnell
Joan Speck
Ann West

Thanks to them all.

Foreword by Judy Steed

Judy Steed

The good news is that we are learning how sexual abuse has hurt so many people.

The bad news is that sexual abuse still happens.

But we are starting to change the way our society works, and some of the best changes come through education, teaching people that every one has rights.

No one has the right to touch your body or make you do things you don't want to do.

Sexual abuse is against the law, and if someone tries to touch you or make you do something you don't feel comfortable doing, you can say NO, you can say NO loudly, and you can immediately tell a teacher, social worker or police officer who will help you.

The most important thing is to believe that you are a person worthy of respect and that no one is allowed to treat you badly.

We all have to struggle with these issues. People of all ages, people who are rich and poor and working hard to make a living encounter difficult situations in which someone might try to take advantage of them. It is part of life to learn to set boundaries and to tell people to treat you with respect.

People are often embarrassed to talk about sexuality, but it's important to understand that sexual feelings are part of life. It's not bad to feel sexual. What is bad is for one person to use another person sexually.

I hope you will learn from this book how to be in control of your body and do what feels right for you.

Judy Steed is a feature writer at the Toronto Star. She has a special interest in exposing the sexual abuse of women and children.

Words with a * after them are explained in the Dictionary on pages 25 and 26.

INTRODUCTION

The Right to Control what Happens to Your Body is about sexual abuse of people with a mental handicap. Children, including children with a mental handicap, are especially vulnerable* to sexual abuse.

Although it may seem hard to believe, many children are abused by adults. These adults can include parents, peers, guardians*, teachers, people who call themselves friends, or people who work in institutions.

This abuse of vulnerable people has been hidden for many years. Now governments, educators and employers are beginning to see the problem. But it is still often ignored by people, or kept secret. This unfair treatment of people with a mental handicap just doesn't seem to matter to most people.

So it's not a surprise to find there has been little action to stop this sexual abuse of vulnerable people. *The Right to Control What Happens to Your Body* talks about the situation and lets people know what to do if they are sexually abused. We hope it will make everyone more concerned about sexual abuse of vulnerable people. The harm done by sexual abuse can last for life.

Labelling and Discrimination* in the Past

A long time ago, people with a mental handicap were actually blamed for many of the sexual problems in society. They were labelled feeble-minded* and called sexual deviants* and criminals*.

People with a Mental Handicap Were Sterilized*

Laws were passed to prevent people with a mental handicap from having children. Many people were sterilized* so they couldn't have babies.Only in 1986 did the Supreme Court of Canada* rule against sterilization of people with a mental handicap.

Words with a * after them are explained in the Dictionary on pages 25 and 26.

Sexual Feelings Today

Today, people are more willing to talk about their sexual feelings. We are happy when we express our sexual feelings to another person and this makes our lives better. Sexual abuse is very different from these good sexual feelings. Sexual abuse is usually an unhealthy misuse of power by angry people who want control.

Sexual Abuse Today

Everyone should know about sexual abuse and that it happens much more often to people with a mental handicap. The following chapters have lots of advice about how to avoid sexual abuse. There are also facts about the laws that punish people for sexual abuse.

Sex Education is Needed Today

In the past, many parents did not teach their children about sexual feelings, or about how babies are made. Even today, some people are not taught these things. Everyone should be educated about sex, and everyone should know where to go for help if they have been sexually abused.

Action Must be Taken to Stop Sexual Abuse

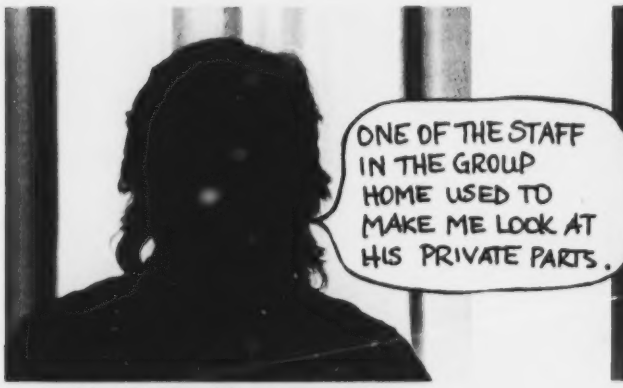
There is enough evidence now for action to be taken. Everyone in our society needs to show their concern about this hidden abuse. Everyone who cares about people with a mental handicap must be aware of the facts and get together to rid society of sexual abuse.

EVERYONE SHOULD BE EDUCATED ABOUT SEX,
AND EVERYONE SHOULD KNOW WHERE TO GO FOR HELP
IF THEY HAVE BEEN SEXUALLY ABUSED.

ALL THESE ACTIONS ARE SEXUAL ABUSE

Sexual harassment is sexual actions or words that are not wanted.

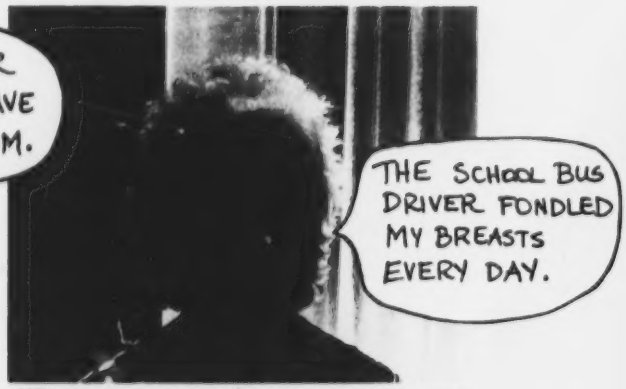
Sexual actions among family members is called incest. It is against the law.



Being "flashed" is when someone shows you their private parts.

A stranger who sexually assaults a person can be sent to prison.

Sexual abuse can lead to more sexual abuse.



When someone touches your private parts against your will, that is sexual abuse.

The Right To Control What Happens To Your Body

Words with a * after them are explained in the Dictionary on pages 25 and 26.

CHAPTER 1

SEXUALITY AND SEXUAL ABUSE

Sexual Feelings and Body Changes are Normal

As people grow up, their bodies change and they have new feelings that have to do with sex. This is called a person's sexuality. These sexual changes begin about the age of 10 and continue through the early teen years. The drawings on page 5 show how the genitals* of boys and girls grow and change.

These sexual feelings and changes in our bodies are normal and happen to everyone. But boys and girls need to know what to expect. They need be told about these changes before they happen. A boy who wakes up in the night having a "wet dream"*, or a girl who starts to menstruate*, can be very scared if he or she hasn't been told this is normal.

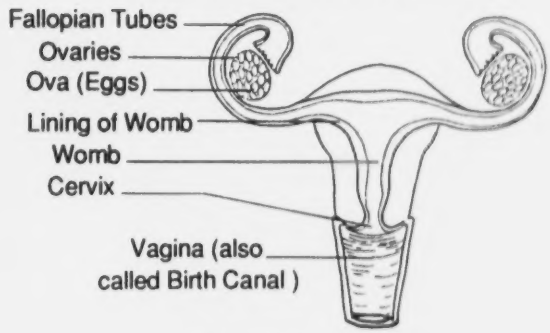
Sexual Abuse and Sexual Assault

Sexual abuse is any attack on another person that hurts their sexual feelings or harms their body. Sexual abuse takes place when a person makes someone look at or touch the sexual parts of their body when he or she doesn't want to, or when a person says sexually abusive things. It also happens when someone makes another person hear, smell or touch parts of their body against their will.

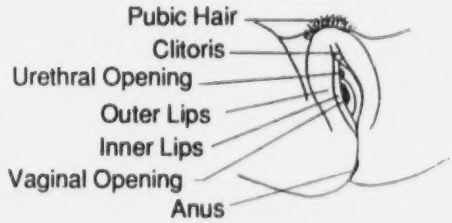
Forcing someone to have sexual intercourse against their will is called **sexual assault*** and the punishment is a jail sentence.

THE BODIES OF MEN AND WOMEN

Reproduction: *Women*

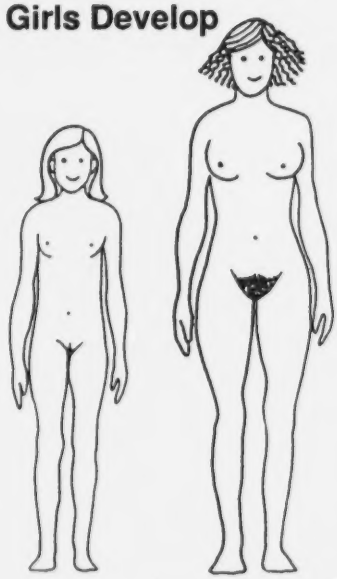


Inside a woman's body there are organs for making babies.

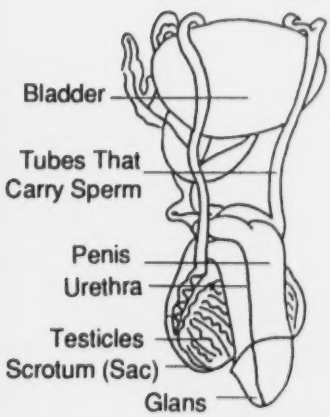


Outside a woman's body there are openings for a baby to be born.

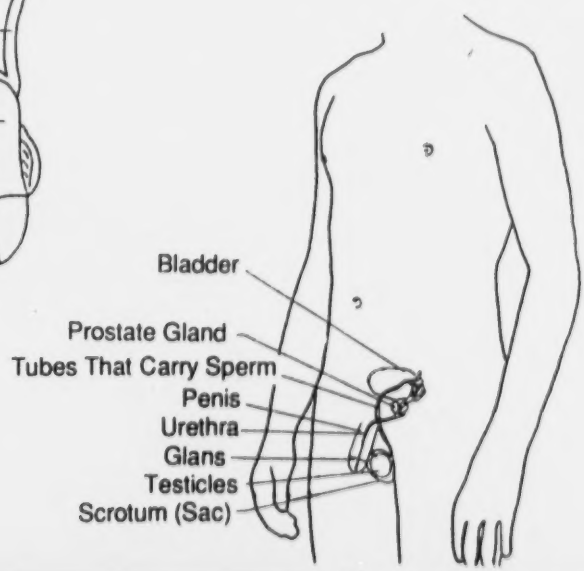
How Girls Develop



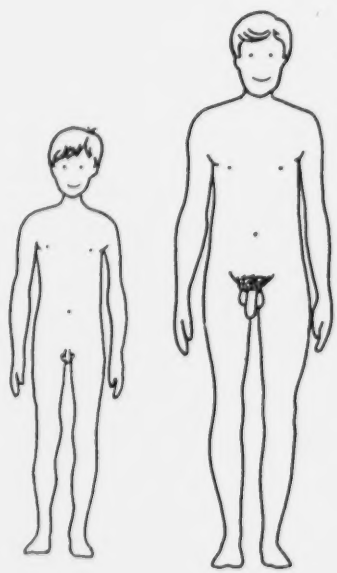
Reproduction: *Men*



A man's body has organs both inside and outside for making babies.



How Boys Develop



Words with a * after them are explained in the Dictionary on pages 25 and 26.

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Who Sexually Abuses People with a Mental Handicap?

Many people with a mental handicap are in someone else's care. We know that most survivors* of sexual abuse knew their abuser. This means they were abused by a care-giver, or a family member. Research tells us that 95% of sexual abusers are male and known to the victim. But so far only 30% of sexual abuses are reported because the abuser makes the victim keep it a secret.

Will Anyone Believe Me?

Sometimes survivors of sexual abuse don't tell anybody about it because they think no one will believe them. Sometimes sexual abuse is not reported because the abuser makes the victim keep it a secret by using threats*. Men are believed when they say that they have been abused much more often than women are believed. It is important to believe what a survivor tells you because if you don't they may not try to tell anyone else and may keep it secret after that.

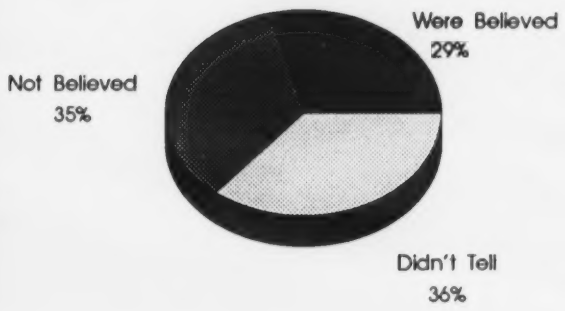
The graphs opposite come from one study which shows that men are believed far more often than women. This study also shows that 70% of women who didn't tell were sexually abused again, and 55% of women who were not believed were abused again.

REMEMBER

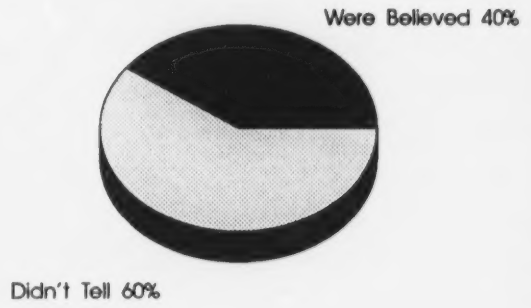
NO ONE DESERVES TO BE ASSAULTED OR HARASSED

SEXUAL ABUSE IS NOT THE VICTIM'S FAULT

People Who Told Someone they were Sexually Abused

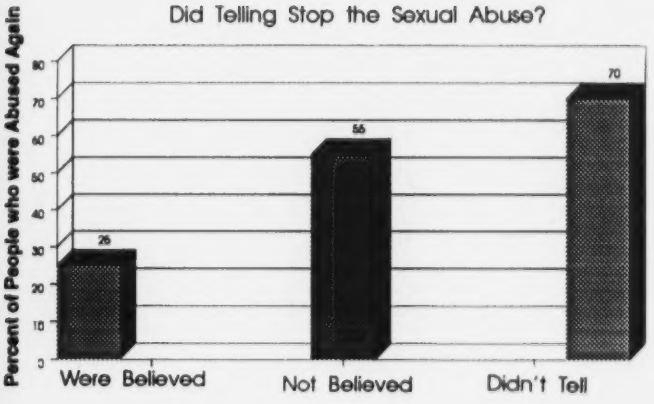


Male

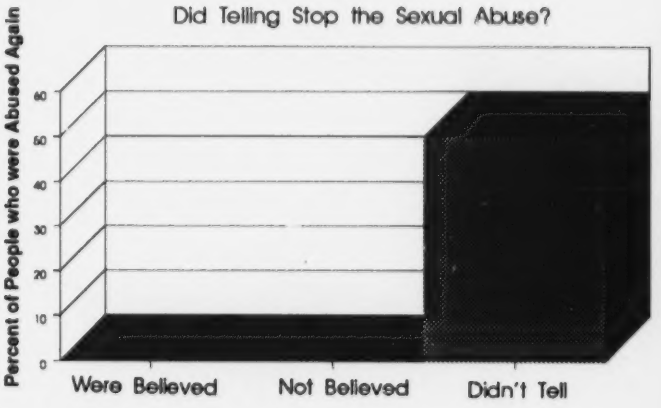


Female

Percent of People who were Abused Again



Female



Male

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CHAPTER 2

RISK OF SEXUAL ABUSE

Are People with Mental Handicaps at Risk?

Some people might think that a person with a mental handicap is safe from sexual abuse. The opposite is true. Having a handicap actually places people at higher risk of sexual abuse.

There are many reasons for this. Some abusers believe sexual acts don't do any harm to people with mental handicaps. Some don't care if they do harm. Some believe a person won't know what's happening to them. Some think a person with a mental handicap is worth less than other people, so it's O.K. to abuse him or her. Some think they have power over a person with a mental handicap.

Dependency and Fear of Being Abandoned

Being dependent on a care-giver also puts people with a mental handicap at risk. They may do as they are told just because they are afraid of being abandoned.

Nine Situations that Could Make a Child Vulnerable

- the child did not get much love and so goes along with the abuser's sexual advances*;
- the child is isolated from other people;
- the child knows the adult, and
- the child can be easily persuaded* by the adult;
- the child feels helpless and powerless;
- the child doesn't understand what is happening;
- the child hasn't been allowed to show sexual feelings, and so is curious.

MANY PEOPLE DON'T WANT TO ACCEPT OR BELIEVE THAT A PERSON WITH A MENTAL HANDICAP HAS BEEN SEXUALLY ABUSED

MYTHS*	AND	REALITIES*
"This person will never have sexual feelings."		"This person has normal sexual feelings and needs."
"Sexual abuse is about sex."		"Sexual abuse is about power."
"People with a mental handicap won't be chosen as victims." more		"People with a mental handicap are often chosen as victims."
"People with a mental handicap can't control their sexual desires."		"People with a mental handicap can learn control just like other people."
"The woman **wants** to be seduced."		"**Nothing** gives the abuser the right to abuse."

PEOPLE MUST KNOW WHAT SEXUAL ABUSE IS SO THEY CAN PROTECT THEMSELVES FROM IT.

Words with a * after them are explained in the Dictionary on pages 25 and 26.

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CHAPTER 3

RECOGNIZING SEXUAL ABUSE

We Can All Be Aware

Once we have accepted the truth that children and adults with a mental handicap are often sexually abused, there are many ways we can recognize the problem. It would be wonderful if all caring people were alert enough to notice the risk of abuse before anything happens. Then steps can be taken to prevent the abuse.

Ways to Identify Sexual Abuse

- **Seeing the Sexual Abuse:** This doesn't happen often. If a person arrives unexpectedly, an abuser might be caught abusing the victim. In institutions, sometimes other people do see the sexual abuse. Abusers don't seem to care, thinking the witnesses won't be believed.

- **Telling Someone:** Often people do not tell when they have been sexually abused. Maybe they are too young to realise what has happened. Or they have been threatened into secrecy. If they put off telling for too long their story may sound made up. Sometimes fear of being taken away from the family, or having to go to court makes the victim take back or later change what they said.

- **Ways of Telling Without words:** Very obvious clues to sexual abuse are often overlooked. A person may come home naked, or with clothes in an unusual way. The victim may be out all night. A girl or woman may become pregnant. The results of bribery, like money or candy, may be hidden. Pictures the victim draws may show what happened.

- **Physical Signs:** Genital* infections, soreness, bruises or bleeding may be signs of abuse. Underwear may be torn, stained or bloody. The victim may have difficulty walking. The vagina or penis may have a discharge which could be caused by venereal disease.

- **Illness in other parts of the body:** Sexual abuse is a shock which can bring on illnesses such as stomach pain, vomiting or diarrhoea.

TWENTY WAYS TO RECOGNIZE SEXUAL ABUSE

Too early at school and stays late

Running away from home

Giving hints something is wrong

Doesn't join in school and social activities

Sudden drop in school achievement

Trouble making friends

Too ready to obey

Sleep disturbances

Afraid of a person

Suicidal

Depressed

Withdrawn

Acting too grown up

Seductive* behaviour

Behaving badly

Trouble paying attention in school

Doesn't trust people, especially close people

Showing out of place sexual behaviour

Return to childish behaviour

Too much understanding for her/his age

Words with a * after them are explained in the Dictionary on pages 25 and 26.

HOW TO MAKE A DETACHED BOARD GAME

IF YOU LIKE YOU CAN UNDO THE STAPLES OF THIS BOOK AND REMOVE THE CENTRE PAGE WHICH IS THE BOARD GAME.

THEN PUSH THE STAPLES BACK DOWN SO YOUR BOOK DOESN'T FALL APART.

NOW YOU HAVE A GAME THAT CAN BE KEPT SEPARATELY. YOU CAN STICK IT ON CARDBOARD TO MAKE IT STIFFER. IT WILL LAST LONGER.

YOU MIGHT PUT THE GAME, YOUR DICE, AND YOUR SMALL OBJECTS INTO A BOX OR BAG AFTER YOU HAVE FINISHED PLAYING.

CHOICE OR ABUSE? The Rules of the Game

What is *Choice or Abuse?*
Choice or Abuse is one way to learn about Sexual Abuse — by playing a game. The BOARD for the game is in the middle of this book. You need to get (or make) your dice and small things to move around the board.

You Need:

1. One dice (or make your own).
2. A small object for each player.
3. The Board.

1. DICE
   The dice should be a regular one with six sides.
   If you can't get one, you can cut six pieces of paper. Number the papers from 1 to 6. Put the pieces in a box or a bowl. To "roll the dice" you just pick out a number.

2. SMALL OBJECTS
   If you don't have any small objects from games, you can use buttons, coins, shells, pieces of metal, beads, etc.

How to play *Choice or Abuse*

The IDEA of the game is to get to square number 50.
The first player at square 50 is the WINNER.

Rules:

1. 4 or 6 people can play.
2. Take turns at rolling the dice or picking a number.
3. Move your small object along the numbers. You always start at 1. Move the number of squares on your dice (or paper). Stop on the square.
4. If your square lands you at the bottom of stairs, you go up the stairs. Stay there. You have made a short cut.
5. If you are at the top of a slide, you slide down and stay there. You just roll the dice again on your turn.
6. Keep going around in turns until someone reaches Square 50 and **WINS.**

CHOICE OR ABUSE?

41	42 You have no one to ask about your sexual feelings.	43	44	45	46	47	48	49 You have a breakdown because you were sexually abused.
40	39	38	37 You get treatment for being sexually abused.	36	35	34 You are told you will be hurt if you report the sexual abuse.	33	32
21	22	23 You are forced to have sexual intercourse.	24	25	26	27	28	29
20 Your abuser is charged with a criminal offence.	19	18	17	16	15	14	13 You are sterilized by a doctor.	12
1	2	3 You get proper sex education.	4	5	6	7	8 You refuse to be sterilized.	9
								11 You tell someone you have been sexually abused.
								10

People who play Choice or Abuse learn more about control of what happens to their bodies.

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CHAPTER 4

EFFECTS OF SEXUAL ABUSE

Here are some ways all people who have been sexually abused are hurt.

Trauma*: The person's feelings and attitudes are badly affected by the sexual abuse. If the sexual abuse was very painful, or was repeated, the person may be traumatised*. This means to be thrown off mental balance.

Betrayal: If the person is sexually abused by a care-giver or a trusted person, she or he will feel betrayed* or let down.

Powerlessness: The person feels loss of power to control what happens. The person feels unable to do what he or she wants to do, and cannot find a safe place.

How Long do These Effects Last?

Short Term Effects: *All sexually abused people suffer painful emotions such as fear, anger, guilt and shame, depression* and anxiety.*

People who have been abused may try to gain control over their lives in harmful ways. For example, a person may tell herself she deserved the abuse because she was bad. Or she may believe she has to put up with the sexual abuse to protect her younger brothers and sisters. She may show her rage by doing damage to herself, attempting suicide*, or having sex with just anybody. A male victim may try to get his control back by abusing other victims.

Long Term Effects: Unfortunately, people don't grow out of sexual abuse. The effects can last a very long time. Adults who were sexually abused as children are *more* depressed*, self-destructive* and anxious than people who weren't sexually abused, and think less of themselves. Many women are abused again as adults.

HOW A PERSON FEELS AFTER BEING SEXUALLY ABUSED

I'M AFRAID TO GO OUT.
I CAN'T FACE THE WORLD.
I'M SO ANGRY I WANT TO CUT MYSELF.
SOMETIMES I THINK I'M GOING OUT OF MY MIND.
I FEEL SO LONELY. I HAVE NO FRIENDS.
I'M TERRIFIED HE'LL BEAT ME UP IF HE KNOWS I TOLD YOU.
I FEEL I HAVE TO PUT UP WITH MY DAD'S ABUSE TO PROTECT MY LITTLE SISTER.
I'M SO ASHAMED OF WHAT HAPPENED AND AFRAID TO TALK ABOUT IT.

Words with a * after them are explained in the Dictionary on pages 25 and 26.

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CHAPTER 5

PREVENTION OF SEXUAL ABUSE

Society Needs Much More Prevention
It is not easy to recover from sexual abuse. It is better to prevent people from sexually abusing other people. Education is the key to prevention. With the right education, children can understand the responsibility that comes with the decision to have sexual intercourse. It is wise to teach children self-protection and self-defense. Insist that children tell someone at once if they are sexually abused. It is a good idea to use role-play to teach children how to tell.

Education For Children
Every child should be taught the facts of life at an early age. Children must know how the body changes and how reproduction* happens.

Education For Parents
Parents of children with a mental handicap are usually eager to teach their children. They need to know the right information about sex to tell their children. To avoid confusing the child, parents should tell it in the same way as teachers teach about sex in school.

Education For Professionals
All professionals working with people with a mental handicap should teach the right sexual education facts in the best possible way. They should be aware of local organizations which offer help to survivors of sexual abuse.

Education For Front Line Workers and Care-givers
The need for proper sex education is widely accepted. However, there is still a lot of hidden sexual abuse. More careful screening of employees and care-givers is needed, and known abusers should be prevented from getting another job. Changes to some of the laws are needed.

HOW IS A BABY MADE?

You can learn by filling in the blanks. Pick from the words at the side of the page. You may use words more than once.

1. To make a baby, two people have sexual_____.
2. To begin, the man's _____ gets hard.
3. The woman's _____ becomes wet or lubricated.
4. The man puts his _____ into the woman's vagina.
5. The man's _____ is ejected* into the woman's vagina. The man feels satisfied.
6. The woman will feel satisfied if she has an _____.
7. One _____ from the woman's ovary travels to her womb each month.
8. In the womb, the egg joins with one _____. The egg is now fertilized
9. The fertilised egg will become a _____.
10. After _____ months growing in the womb, the baby will be born through the vagina, now called the _____.
11. People have the right to _____ if and when to have sexual intercourse.
12. Forcing a person to have sex is _____.

penis
birth canal
two
choose
sperm
womb
egg
baby
nine
vagina
sexual assault
intercourse
orgasm

Words with a * after them are explained in the Dictionary on pages 25 and 26.

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CHAPTER 6

SEXUALLY TRANSMITTED DISEASES

STDs

Sexually Transmitted Diseases (STDs) are spread only by direct sexual contact. You cannot get STDs from shaking hands or kissing, or using the same toilet seat or bath. The direct contact has to be by the genitals*, or parts of the body needed for making babies.

Often STDs have no symptoms*. This means you may not know you have a disease. You should ask a doctor to test you *if you have had sexual contact*, and think you might have caught a STD.

The doctor will give you a prescription if you have a STD. The STD won't go away without a doctor's prescription. If it is not cured, a STD can cause other illnesses such as arthritis, blindness, sterility (inability to make babies), infection and inflammation of the genitals. AIDS is caused by the HIV virus which attacks the body's immune system. This immune system helps the body to fight disease, so a person who has AIDS cannot fight deadly diseases. So far, no cure has been found and AIDS eventually causes death.

Protect Yourself from Catching STDs by Using a Condom

We have only known about AIDS since 1981, and we hope a cure will be found soon. It is wise to always use a condom to protect yourself from getting STDs, if you do not know for sure that your sexual partner doesn't have a Sexually Transmitted Disease.

Don't Take Chances with STDs

- **Use a Condom**
- **Ask Sexual Partners to Have STD Tests**
- **If You Suspect STDs or Have Symptoms, Go To Your Doctor or STD Clinic**

SEXUALLY TRANSMITTED DISEASES

Common STDs	Symptoms	Cure
Chlamydia (very common)	**Women:** (80% have no symptoms) Vaginal discharge, Abdominal pain Burning feeling when urinating **Men:** (15-20% have no symptoms) Burning feeling when urinating Clear or milky discharge through penis	Prescription medication
Gonorrhea	**Women:** (80% have no symptoms) Burning feeling when urinating Vaginal discharge **Men:** Irritation in the penis Burning sensation when urinating Yellow puss discharge from the penis	Prescription medication
Herpes Virus: Herpes Simplex II	Small painful blisters on the sexual organs	No cure yet
Syphilis	Painless sores appear where the virus entered the body There may also be: body rash; headaches; fever; sore throat	Prescription medication
AIDS (Acquired* Immune* Deficiency Syndrome) HIV virus	Some people with AIDS feel healthy at first. Only a blood test by a doctor or at a clinic can tell if you are carrying the AIDS virus. Possible symptoms: Tiredness, fever, night sweats, weight loss, diarrhea, loss of appetite, skin rashes, swelling of glands in the neck, armpits or groin	No cure yet

Words with a * after them are explained in the Dictionary on pages 25 and 26.

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CHAPTER 7

TREATMENT AFTER SEXUAL ABUSE

Survivors of sexual abuse need treatment* for their bodies and their feelings.

Medical Treatment (for the body)

The victim needs to see adoctor as soon as possible to check for injury* or infection*. This physical evidence may be needed later of the abuser is charged and taken to court.

Psychological Treatment (for the mind)

The aim of this treatment is to repair the damage done to the survivor's feelings, confidence, attitudes, and ability to feel normal and get along with people.

1. **Inside Family Abuse:** If the victim is abused by a family member, or by a known and trusted person, usually the whole family goes to counselling to try to restore trust and good relationships.

2. **Outside Family Abuse:** If the abuser is a Stranger or completely unknown, usually the survivor is treated by talking to a trusted person about the sexual abuse.

PROFESSIONALS SHOULD SHOW AS MUCH RESPECT FOR SEXUAL ABUSE VICTIMS WITH A MENTAL HANDICAP AS THEY WOULD ANY OTHER PERSON NEEDING HELP

HELPFUL HINTS

1. Learn about sexuality, so you know what's going on.
2. Have a companion if you are out late at night.
3. Learn self-defense.
4. If attacked, run away for help.
5. Learn your local police and emergency phone number.
6. Carry a whistle to get attention.
7. Notice what's going on around you.
8. Avoid isolated places.
9. Don't make friends with a stranger.
10. If you don't understand the laws about sexual abuse, ask an expert.

Remember...

11. People should be educated and re-educated about sexuality.

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CHAPTER 8

LAWS ABOUT SEXUAL ABUSE

Sexual Abuse is Against the Law

The Criminal Code of Canada is the law which protects us from sexual abuse. The Criminal Code covers many different things which are defined as sexual abuse or assault. The law also says what the punishment shall be for a crime of sexual abuse or assault.

Sexual Offences Covered by the Criminal Code

There are many parts to the Criminal Code.These are some important parts of the Code. They forbid:

- Touching a person under 14 years of age for sexual reasons;
- Trying to make a person under 14 have sex;
- Using a person under 14 for sexual purposes such as touching or pornography*;
- Having sex with a blood relative (called incest);
- Having anal intercourse (unless with husband or wife or people over 18);
- Corrupting children at home with sexual activities, drunkeness or other immoral activities;
- Sexual assault, or sexual assault with a weapon, causing bodily harm,
- Indecent exposure (showing private parts).

Don't be Afraid to Use the Criminal Code

If you think that someone has sexually abused you or sexually assaulted you, it is up to you to take action.

The best thing to do first is to tell a parent or friend or someone you trust. Even if it seems like a little thing, don't ignore it. It is best to get advice from a lawyer or other professional person about how to lay charges against the person who abused you.

The Sexual Offender with a Mental Handicap

Some people believe that people, especially men, with a mental handicap are responsible for most of the sexual abuse which takes place. This is simply not true. The truth is that people with a mental handicap are no more or less likely to be sexual abusers than other people. However, people with a mental handicap are often not taught facts about sex. If they are not taught how to deal properly with their sexual feelings in private, they may express their sexual feelings in inappropriate ways. Other people may think that they are acting indecently.

Treatment for the Sexual Offender with a Mental Handicap

There is a great need for the right kind of treatment to be developed and for care-givers and professionals to be better educated about what to do when a person who has a mental handicap sexually abuses someone.

Words with a * after them are explained in the Dictionary on pages 25 and 26.

Where to go for Help

There are many places to go for help if you have been sexually abused or sexually assaulted. Why not take the time now to fill in the names and phone numbers of all the places near you:

Police Phone Number _____

Emergency Phone Number _____

Hospital Phone Number _____

Rape Crisis Centre Phone Number _____

Rape Crisis Centre Address _____

Sexual Assault Centre Phone Number _____

Sexual Assualt Centre Address _____

Women's Centre Phone Number _____

Women's Centre Address _____

Community Centre Phone Number _____

Community Centre Address _____

DICTIONARY

Here are the meanings of some of the words in this book.
Why not try them out on some friends?

Acquired: To get, to catch, to add on.

Advances: To come on to someone with sex in mind.

Betray/Betrayal: Let down, abandoned by a friend or someone you trust.

Criminals: People who break the law.

Depression/Depressed: Feeling low and unhappy.

Discrimination: To treat people differently because of a mental handicap or other disadvantage.

Evidence: Proof.

Feeble-minded: Weak minded; stupid.

Genitals: Parts of the body used for sex (and excretion).

Guardian(s): Person(s) in charge legally.

Immune: Safe from catching a disease.

Infection: Something wrong with the body caused by germs.

Injury: A hurt.

Menstruate: To bleed monthly as part of the reproductive cycle.

Myth: What people believe even if it isn't true.

Persuade: Getting a person to do something they might not want to do.

Pornography: Pictures or films that show sex in corrupt ways.

Reality: The real truth; the way things really are.

Reproduction: Making more of the same.

Self-Destructive: Harming oneself.

Sexual Assault: Forcing someone into sexual acts.

Sexual Deviants: People who are not normal sexually.

Sterilized: Not able to have babies.

Suicide: Killing yourself.

Supreme Court of Canada: The highest court in Canada.

Survivor: A person who has been sexually assaulted.

Symptoms: Physical signs of a sickness or hurt.

Threat/Threaten: To say you will make it bad for someone, or hurt them.

Trauma/ Traumatised: Mentally shocked into unusual behaviour.

Treatment: The way to heal a physical or mental illness.

Vulnerable: More likely to be harmed than other people.

Wet Dreams: A sexual dream.

MY PERSONAL DICTIONARY

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

DICTIONARY WORD GAME

V	U	L	N	E	R	A	B	L	E	L	L	A	R
I	B	O	Y	V	E	C	L	I	J	E	N	G	A
S	A	V	E	I	P	Q	A	P	E	N	I	S	P
I	C	E	E	D	R	U	N	K	C	N	R	C	E
B	A	B	Y	E	O	I	K	U	T	I	L	O	X
L	O	S	E	N	D	R	E	A	M	W	A	N	Y
E	G	G	S	C	U	E	T	O	O	T	W	S	Z
S	E	X	Y	E	C	D	O	C	T	O	R	E	E
A	N	A	L	O	T	O	U	C	H	F	I	Q	G
A	I	D	S	S	I	M	M	U	N	E	S	U	I
S	T	A	Y	C	O	U	R	T	I	N	K	E	R
S	A	D	V	A	N	C	E	S	N	I	P	N	L
A	L	I	A	R	S	R	E	S	E	A	R	C	H
U	L	E	G	S	S	I	K	E	R	T	O	E	S
L	A	B	I	A	H	M	U	D	I	R	T	S	O
T	M	A	N	T	A	I	T	U	B	E	E	G	G
W	O	M	A	N	M	N	O	C	S	O	C	K	A
P	O	L	I	C	E	A	E	E	R	H	T	O	M
C	O	N	T	R	O	L	W	H	I	S	T	L	E

See If You Can Find These Words:

Able
Anal
Boy
Criminal
Drunk
Game
Labia
Love
Police
Research
Sexy
Tube
Whistle

Acquired
Assault
Consequences
Cue
Egg
Genital
Law
Man
Protect
Risk
Shame
Vagina
Women

Advances
Baby
Control
Dream
Eject
Girl
Liar
Nine
Rape
Save
Stay
Visible

AIDS
Blanket
Court
Doctor
Evidence
Immune
Lose
Penis
Reproduction
Seduce
Touch
Vulnerable

Circle the word when you find it and cross it off the list.

Useful Books

Here is a list of books that you can get from The Roeher Institute. The books have useful information for people with a mental handicap, and for their families and friends.

•**Vulnerable:** Sexual Abuse of People with an Intellectual Handicap. (1988)

•**Shared Feelings:** A Parent Guide to Sexuality Education for Children, Adolescents and Adults Who have a Mental Handicap — (1990)

•**Sexual Abuse Prevention Programs and Mental Handicap.** (1989)

•**Righting Wrongs**: Disability, Your Ombudsman and You. (1989)

•**Take Action — Stand Up For Your Rights**: Self-advocates and the British Columbia Human Rights Act. (1990)

•**Making Friends**: Developing Relationships Between People Who Have a Disability and Other Members of the Community. (1990)

•**Income Insecurity**: The Disability Income System In Canada. (1988)

•**Poor Places**: Disability Related Residential and Support Services. (1990)

•**The Power of Positive Linking**: How Families Can Empower People Who Have Mental Handicaps Through Mutual Support Groups. (1989)

•**Leisure Connections**: Enabling People With A Disability to Lead Richer Lives in the Community. (1989)

•**entourage**: A magazine about how people can get support in the community to live, learn, work and have fun. It comes out 4 times a year.

An Organization for Self-Advocates

The National People First Organization
Kinsmen Building, York University
4700 Keele Street
North York, Ontario, M3J

The Roeher Institute

At The Roeher Institute, many people are working to make things better for Canadians who have a mental handicap. Many self-advocates help and advise the people at The Institute.

What are the aims of The Institute?

There are ***two main aims.***

1. Finding ways to make sure we can live, and work, in our own communities.
2. Helping to spread the right ideas so everyone in the community is up-to-date about what we really need.

How does The Institute do its work?

There are ***five main ways.***

1. Doing ***Research***. Especially into what works best for most of us. And also into ***funding***. How to get that ***extra*** money that we need.
2. ***Publishing*** the results of the research, and so ***influencing*** choices that affect us.
3. ***Training*** people so they understand our needs better. Things like our human rights and other things that are important to us, such as being educated in the community, and supported work.
4. Providing ***Up-To-Date Information*** to the public, professionals and community groups.
5. Sending out our magazine, **entourage,** four times a year.

Canadian Association for Community Living

The Roeher Institute is sponsored by the Canadian Association for Community Living. This is the organization that brings together 400 local groups with one group from every province and territory to work for us.

For more information, please write to us at:

Kinsmen Building, York University
4700 Keele Street
North York, Ontario, M3J 1P3

You're welcome to phone The Institute at: **(416) 661-9611** if you have any questions, or you want to contribute your thoughts and comments.

Judy Steed

"The most important thing is to believe that you are a person worthy of respect and that no one is allowed to treat you badly."

Judy Steed,
from her foreword to
The Right to Control What Happens to Your Body

KNOW YOUR **RIGHTS**

SEEK TRUE **JUSTICE**

GAIN REAL **POWER**

The Roeher Institute

Kinsmen Building, York University

4700 Keele Street,

North York, Ontario, M3J 1P3

THE ROEHER INSTITUTE

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